



## **Smoking and parenthood**

**Advice for partners  
who smoke**



Every time you smoke and you're with your pregnant partner or baby, they breathe in the tobacco smoke you breathe out and the smoke from the burning cigarette. They breathe in the same dangerous chemicals as you. This is called secondhand smoke.

## **Why is secondhand smoke so dangerous for babies?**

During pregnancy your partner provides everything the baby needs to grow. Everything your partner eats, drinks and breathes in, including tobacco smoke, affects the baby.

Toxins from smoke can pass through the umbilical cord to the baby. The baby is not protected from smoke in the womb.

Smoking around someone who's pregnant may affect the baby's growth and reduce the baby's birthweight. After birth, smoking around a baby can cause ear or chest infections and breathing difficulties.

## Make your home and car smokefree

### Toxins from smoke can build up indoors.

The best way to protect your family is to:

- › **always smoke outside** away from your pregnant partner and baby
- › **shut windows and doors** so smoke doesn't drift inside
- › **stop smoking for good.** When you are ready, Quitline is here to help you.

## What if my partner smokes too?

If your partner smokes and is pregnant, stopping smoking is one of the best things they can do to protect the baby.

You can support your partner by:

- › **encouraging** them to quit smoking
- › **quitting smoking** together
- › **if you're not ready to quit**, always smoking outside and keeping your cigarettes out of sight.

## Quitting can feel tough

Take it a day at a time. Let your partner know how you feel about their smoking but try not to force each other to quit. Help each other with praise and small rewards when you succeed at your goals.

Our friendly Quitline counsellors (13 7848) are experts at helping you gain the skills to break free from smoking for good. We have helped many people with the stress of quitting and to find ways to relax and bond without using cigarettes.



**If you smoke it will  
make it harder for  
your partner to quit,  
so you may want  
to support them by  
giving up too.**

## Quitting: more benefits

- › Your **health will improve** and you will have more energy to keep up with your kids.
- › You will **stop or reduce the many damaging effects** of smoking that lead to cancer, heart disease, emphysema and other illnesses.
- › People who smoke are **3 times more likely to die** in middle age than someone who has never smoked. When you quit, you're more likely to be there as your kids grow up.
- › You will have **more money**. If you smoke 20 cigarettes a day, you will save over \$10,000 in a year.
- › You will set a **great example to your kids** and reduce the chance they will take up smoking later on.
- › Smoking causes problems with **getting or maintaining an erection**, due to its effects on the blood vessels of the penis. Smoking can also **damage sperm**. Quitting smoking as soon as possible can help prevent these problems.



# For advice or practical help

Quitline is a welcoming, free and confidential counselling service. Quitline counsellors are experts at helping you gain the skills to break free from smoking or vaping for good. We will help you build and keep up your motivation to quit and help you create a quit plan that works for you.

## Quitline 13 7848

Our friendly Quitline counsellors have helped thousands of people stop smoking.

### To contact Quitline:

- › Call **13 7848**
- › Ask Quitline to **call you back** for **free** at [quit.org.au/callback](https://quit.org.au/callback)

There are more ways to contact Quitline including **webchat**, **WhatsApp** and **Messenger**. Scan the QR code or visit [quit.org.au/quitline](https://quit.org.au/quitline)



[Visit quit.org.au](https://quit.org.au)

Make your own plan to quit smoking or vaping with easy-to-find information suited to you. No matter how many times you've tried to quit, [quit.org.au](https://quit.org.au) has tools and resources to help.

A partnership between:

